

52 Weeks of No-Repeat Meal Plans: Week #10

Grocery List for this Week:

Produce section

- ☐ Cherry tomatoes- 4 cups
- ☐ Garlic- 2
- ☐ Thyme, 4 sprigs
- ☐ Lettuce
- ☐ Tomatoes, 1 cup
- ☐ Pizza/calzone veggies- your pick
- ☐ Sun dried tomatoes
- ☐ Basil, 5 leaves and $\frac{3}{4}$ cups
- ☐ Mixed salad greens
- ☐ Yellow onion, small
- ☐ Sweet potatoes
- ☐ Roma tomatoes, 8
- ☐ Avocados (1/2 per serving)
- ☐ Red onion, 2
- ☐ Bell pepper (1 green, 1 yellow, 2 cucumbers
- ☐ Lemons, 2
- ☐ Cilantro
- ☐ Scallions or green onions
- ☐ Blueberries
- ☐ Baby spinach
- ☐ Strawberries
- ☐ Blueberries
- ☐ Grapes

Meat | Poultry | Fish section

- ☐ Boneless, skinless chicken breasts- 9
- ☐ Italian sausage
- ☐ Pepperoni
- ☐ Pancetta or bacon (1/4 pound)
- ☐ Canadian bacon

Dairy | Refrigerated | Eggs section

- ☐ Extra-sharp cheddar cheese, shredded
- ☐ Eggs
- ☐ Milk
- ☐ Cream cheese (2) 8 ounce pkgs
- ☐ Greek yogurt, vanilla
- ☐ Blue cheese crumbles
- ☐ Refrigerated pie crust
- ☐ Whipped cream

Canned | Packaged section

- ☐ Ranch dip
- ☐ Spaghetti noodles
- ☐ Tostitos
- ☐ Ranch dressing
- ☐ Winger dressing
- ☐ Crushed tomatoes applesauce
- ☐ Tomato paste
- ☐ Balsamic vinegar
- ☐ Capers, 1 $\frac{1}{2}$ teaspoon
- ☐ Mayonnaise
- ☐ Diced tomatoes, 15 ounce can
- ☐ Diced chilies, 4 ounce can
- ☐ Flour tortillas, 12 fajita + package of soft taco size
- ☐ Crackers
- ☐ Pearled barley
- ☐ Vegetable stock, 1 $\frac{1}{2}$ cups
- ☐ Quinoa
- ☐ Black beans, 2 (15 ounce) cans
- ☐ Chicken or vegetable stock
- ☐ Granola
- ☐ Whole green chilies, 2 cans (5.75 each)

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- ☐ Cheese for slicing
- ☐ Butter
- ☐ Parmesan cheese

Frozen section

- ☐ Frozen corn
- ☐ Frozen shredded potatoes
- ☐ Vanilla ice cream

Bakery section

- ☐ Bagels, plain (thin if available)

Other

- ☐ Dry white wine